

WHAT IS CLAIMED IS:

1. A formulation for the oral treatment of dry eye syndrome, comprising:
an effective amount of omega-3 fatty acid;
an effective amount of omega-6 fatty acid;
5 an effective amount of gamma-linolenic-acid;
an effective amount of nutrient cofactors
an effective amount of lactoferrin;
an effective amount of mucin complex;
an effective amount of vitamin E; and
10 an effective amount of curcumin.
2. The formulation as recited in claim 1, further comprising an effective amount of DHEA.
3. The formulation as recited in claim 1, further comprising an effective amount of l-carnitine.
- 15 4. The formulation as recited in claim 1, further comprising an effective amount of beta-glucan.
5. The formulation as recited in claim 1, wherein said nutrient cofactors are selected from the group consisting of vitamin A, vitamin B6, vitamin C, magnesium, and any combination thereof.
- 20 6. The formulation as recited in claim 1, wherein said omega-3 fatty acid is provided by cod liver oil.
7. The formulation as recited in claim 1, wherein said omega-6 fatty acid is provided by black currant seed oil.
8. The formulation as recited in claim 1, wherein said gamma-linonlenic-
25 acid is provided by black currant seed oil.
9. The formulation as recited in claim 1, wherein said vitamin E is a mixture
10. The formulation as recited in claim 1, wherein said curcumin is provided by turmeric extract.
- 30 11. A formulation for the treatment of dry eye syndrome, comprising:
black currant seed oil, in a range of 400 mg to 2500 mg;
cod liver oil, in a range of 1 mg to 7 mg, wherein the ratio between said black currant seed oil to said cod liver oil is 400mg/1mg;
vitamin A, in a range of 500 IU to 1600 IU;

vitamin C, in a range of 30 mg to 400 mg;
vitamin B6, in a range of 4 mg to 30 mg;
lactoferrin, in a range of 5 mg to 400 mg;
magnesium, in a range of 10 mg to 200 mg;
5 mucin complex, in a range of 50 mg to 400 mg;
vitamin E, in a range of 10 IU to 200 IU; and
curcumin, in a range of 20 mg to 300 mg.

12. The formulation as recited in claim 11, further comprising DHEA, in a range of 1 mg to 100 mg.

10 13. The formulation as recited in claim 11, further comprising l-carnitine, in a range of 10 mg to 1000 mg.

14. The formulation as recited in claim 11, further comprising beta-glucan, 10 mg to 1000 mg.

15 15. The formulation as recited in claim 11, wherein said vitamin C is a blend of 50% calcium ascorbate and 50% ascorbyl palmitate.

16. The formulation as recited in claim 11, wherein said vitamin E is a mixture of 50% d-alpha tocopherol and 50% dl-alpha tocopherol containing gamma tocopherol.

17. A formulation for the treatment of dry eye syndrome, comprising:
20 black currant seed oil, at least about 800 mg;
cod liver oil, at least about 2 mg;
vitamin A, at least about 1000 IU;
vitamin C, at least about 100 mg;
vitamin B6, at least about 8 mg;
25 lactoferrin, at least about 10 mg;
magnesium, at least about 20 mg;
mucin complex, at least about 250 mg;
vitamin E, at least about 32 IU; and
curcumin, at least about 100 mg.

30 18. The formulation as recited in claim 17, further comprising DHEA, at least about 10 mg.

19. The formulation as recited in claim 17, further comprising l-carnitine, at least about 100 mg.

20. The formulation as recited in claim 17, further comprising beta-glucan, at least about 100 mg.